

AGN. NO. _____

MOTION BY SUPERVISOR YVONNE B. BURKE

September 9, 2008

The use of illegal and prescription drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children and 13 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families the less likely they are to smoke, drink and use illegal drugs.

Frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse and the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented.

Parents who are engaged in their children's lives – through such activities as frequent family dinners – are less likely to have children who abuse substances and family dinners have long constituted a substantial pillar of family life in America:

I, THEREFORE MOVE THAT THE BOARD:

Does hereby proclaim September 22, 2008 as Family Day – A Day to Eat Dinner with Your Children and urge all citizens to recognize and participate in its observance.

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YBB:CB:jar/FamilyDay 9-9-08

Nancy Gavilanes
Family Day Communications Specialist
The National Center on Addiction
and Substance Abuse at Columbia University
633 Third Avenue
New York, NY 10017
212-841-5308
ngavilanes@casacolumbia.org - www.CASAFamilyDay.org

MOTION

MOLINA _____

YAROSLAVSKY _____

KNABE _____

ANTONOVICH _____

BURKE _____